## **ESSENTIAL FATTY ACID (EFA) METABOLISM**

Fig. 1

18:4n-3 20:4n-3 20:5n-3 22:5n-3 22:6n-3 18:3n-3 DOCOSAPENTAENOIC (n-3) **EICOSATETRAENOIC** (n-3) **EICOSAPENTAENOIC** DOCOSAHEXAENOIC ALPHA LINOLENIC STEARIDONIC n-3 series Delta-6-desaturation Delta-5-desaturation Delta-4-desaturation 20:3n-6 DIHOMOGAMMALINOLENIC 22:5n-6 DOCOSAPENTAENOIC (n-6) 18:3n-6 GAMMA-LINOLENIC Elongation Elongation 20:4n-6 ARACHIDONIC n-6 series 18:2n-6 LINOLEIC 22:4n-6 ADRENIC